

## WWWC Weekend Spirit Circle Facilitator Outline

The following walks through each protocol, and has reminders of any exercises that we participate in. Please take time, prior to the weekend, to review this and make contact with your co-facilitator. Spend time together prior to the Weekend so you both feel comfortable and prepared. Doing this prior to the Weekend allows the newer facilitators to feel more grounded and begins to build your team. *If you have questions, you can contact Sue Ham @ [sue@womenswalkwithchrist.org](mailto:sue@womenswalkwithchrist.org) or by cell 303-995-1959.* There will be a very limited amount of time on Friday to go over this so please take the time to read through this.

**During the staff meeting on Friday afternoon, you will each receive a box with all your supplies for your circle in them. Remember that you are in charge of this container for the duration of the Weekend. On Sunday morning after the LOC exercise please return the container fully intact with all things put back in neatly to logistics.**

**Container contents:** Bandanas colored and white, extra index cards for prayer requests, pens, sharpie pens, tape, wipes for makeup removal and ashes removal, sanitizing wipes, hand sanitizer, Kleenex, candles, flashlight, lighter, new sadness protocol, shame circles, Letter to Jesus, Light of Christ (LOC) cards, and circle # card

**Friday Night: (when entering the room Missioners will go straight to their assigned circle, circles should be setup earlier in the day. There should be a circle number card in your container that can be used to hold up to guide women to the right circle.)**

### Introduction:

**Bring your Mission Statement:** Each circle will choose 1 Spirit Circle Facilitator to come to the front of the room and proclaim it to the Missioners. You can write it down and read it if you don't have it memorized.

### **Circle #1** (Pages 34-37 in staff manual - (SM))

- **Ice-Breaker Question:** State name and why you came to this weekend.
- **Agreements:** Read through the Agreements together like we do in Circle. See page 10 (Missioner journal-(MJ)) for language about Confidentiality.
- **Expectations:** There is some language on page 10 (MJ) about this, but these are the points to make sure you cover:
  - Circle is where they will talk about what they are learning, and to ground that learning, and you are there to support them. You have sat in their seats.
  - No touching without permission
  - Women ask for what they need (i.e., Kleenex or if they need a hug from you or someone to hold their hand)
  - How we answer questions: State name, "I'm in." and "Bless you"
  - Respect for each woman talking: silence with compassion, no interrupting, no giving advice
  - Remain in silence after all rounds are done.

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- Encourage them to use their journal
- What they can expect from you:
  - You are not professionals, but women just like them, guides on the journey
  - We are not there to F.R.A.P – fix, rescue, advise or protect - what we will do is L.A.M.B. – listen, accept (w/o judgment), model and bless
  - You will abide by and uphold the expectations listed above
  - You will abide by the Women’s Walk agreements
  - The importance of moving from their head to their heart, that you will be prompting them to do this if they are having trouble doing so
  - You are available if they have and issues or questions

Commitment to Agreements and Bandana Ritual (see page 36-37 SM). While doing the commitment round, each woman will tie their bandana to the bandana of the women next to them. Staff has white bandanas.

Circle #2 (page 38 SM): 4 rounds of questions. The last question is the most important. One option is to split this question into two rounds:

- “What is at risk if I open up?” then “What is at risk if I don’t open up?”

Deceit:

Circle #3 (page 42-43 SM, Deceit): 3 rounds. There are ages listed in the questions. Be flexible about these. The purpose is to have the women see how they project a false self at different parts of their lives.

The Mask I wear is: The purpose is to step out in courage to name our deceit, to voice to others the truth about who we are and what we hide behind AND to be accepted.

- We remain in circle while doing this exercise. Co-Leaders will start from the front and then we will go around the room to each circle. SC facilitators will start followed by their Missioners. Once a circle is completed we will move to the next circle.
- Prepare to answer this statement: “The mask I wear is \_\_\_\_\_ and the truth is \_\_\_\_\_.” As with all protocols, the deeper we go, the deeper the Missioners have permission to go. (Short, deep and concise)

Taking off our Make-up (page 43 SM of Deceit protocol) The purpose is to visually commit to being vulnerable with one another

- After all the Missioners have complete the “The Mask I Wear” exercise, Co-Leaders will have everyone move their chairs to the side and we will create one large circle of Missioners shoulder to shoulder. SC facilitators should be INSIDE the circle facing their Missioners with their wipes in hand for makeup removal. Gently and lovingly look into the eyes of your Missioners. Listen to the Co-leader for this cue. The Co-Leader will say: *“We hide ourselves physically, and project an image we think is better than our true self.”*

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*We hide behind **makeup** ...*” When you hear **makeup**: begin to take your makeup off of your face. Looking into the eyes of the women in front of you.

- Then, when you hear the following from the Co-Leader, give the Missioners their cloth: *“Missioners, please take a cloth and begin to wipe away your mask so that your sisters can see you...to see who you truly are.”*
- Continue to look at the Missioner(s) in front of you, gently. The Co-leader will cue you to move out of the circle.

### Saturday Morning:

#### Fear

Testimonial: The Missioners will enter and go straight to their Circles. The protocol will begin with the fear testimonial.

#### Circle #4: (page 50 SM – fear)

Be ready and open to share the following two statements. The two Circle leaders will share first. Remember the deeper you go the deeper the Missioners will go.

To start you will turn to the woman in the circle next to you so that your knees are barely touching. Look into her eyes and speak your fear. Then she will turn her body to face the next woman and do the same all around the circle.

Round 1: “One of My Greatest Fears is...” and (\*\* you will do 3 rounds)

Round 2: “The one thing I am most afraid to tell you about myself is...” (\*\*1 round)

There will be several rounds answering these questions, so be prepared to go deeper each round. After each round is over, bless the Circle. Pray to close out the Circle.

**Heartbeat**: Missioners will create one large circle shoulder to shoulder. All staff will stand in a circle around them. The staff person in the circle will begin a heartbeat on her chest, which you will match. She will speak a few words then approach each woman, look into her eyes and do the heartbeat. She will continue around the circle till she has stood in front of each woman. Keep your eye on her as she completes the circle and she will do one last dramatic heartbeat to signify the end and everyone stops.

Circle #5: (page 52 SM, fear) There are 3 rounds. The third round: one of you will lead each Missioner through handing over their fear and will speak in the voice of Jesus, using a script. This round can be done in several ways (who leads the Missioner(s), kneeling, standing etc.)

### Saturday Morning/Afternoon:

#### Anger

Purpose of the Protocol: In a safe place be aware of, name and release anger so that space within us can be replaced with what God wants for us. The significant questions for the

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Missioners here are: What are you filling your cup with? What are you replacing the anger with? What are you going for which allows you to walk in mission to our Lord Jesus Christ?

There are no Circles during Anger. Everyone is assigned to a role during this time. Be ure to be prepared with your plexiglass up as this can be an emotional and possible triggering time. We are ALL on prayer team and safety during anger. If you see something/someone that doesn't seem right or is a safety hazard please do something and/or speak to a Co-Leader or Heath Coordinator for the weekend.

Anger protocol can be uncomfortable for Staff and Missioners. Questions to ask ourselves as we prepare for the anger protocol: How comfortable are we, as staff, with our own anger and others'? Do we trust that the often intense energy, the loud voices, that we experience when we witness anger work are healing sounds? If that is challenging for us, it is important that we examine why and be prepared.

#### Saturday Afternoon:

#### Sadness

#### Circle #6a: (pages 58-59) Identifying Sadness:

You will lead the Missioners in a short prayer to prepare them to release their sadness. As a whole group you will lead them through a process of identifying their sadness. What it is, where do they hold it, how long, does it have a shape or color etc. Then they will have a time to confess or share their deepest sadness. This is not storytelling time. It's about awareness of our deepest sorrows.

#### Circle 6b: Writing a Psalm/Lament (50 minutes)

Hand out the sheet of "How to Write Your own Lament" to each Missioner. They will have 25 minutes to spend some time writing their own psalm/lament to the Lord. It is important to keep track of your time here. The first 25 minutes is for the writing portion and the last 25 minutes is for the sharing portion. Logistics will chime at 25 minutes.

Once the writing time is over you will come together for the sharing part. Have her share whatever she has written. It may not be complete but that's ok. You will work with one woman at a time. Once she has completed sharing her lament, hand her a dissolvable paper and have her write down a short recap of her sadness. She will then have an opportunity to acknowledge her sadness and see where Jesus is in her sadness. Once completed have her hand over her sadness by putting the paper in the water. Be sure to have her watch as the paper dissolves in the water. You may have to use the stir stick in your container to facilitate the paper dissolving. Please remember to be respectful of other circles and stay quiet once completed.

Circle of Light: (Page 60 SM, sadness) After each woman is given the opportunity to complete her sadness work, Missioners will gather in a circle shoulder to shoulder, with Staff around them.  
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**Have your Missioners stand together.** The Co-leader will speak and when you hear the following one of you will hand out candles and light them: *“Just as Jesus unbound Lazarus and led him from the tomb, he has unbound you. **Step into the Light.**”*

The song *Blessings* will be played.

## Shame

This protocol is done completely in Circle. There are some props you will be given. You can choose which one of you will handle passing them out: circles (3 colors), pens, tape, ashes, wipes.

The co-leaders will prompt you from the front of the room when each circle is passed out. This is how the protocol goes:

White circle is passed out and women write the essence of their unique soul using descriptive words (page 4)

Shame Modeling: (shame messages we pick up) 4 volunteers will come to the front and speak about one shame message that they picked up. The context, what was said or done and the message received.

(How we act out of our shame) The Co-Leaders from up front will give their own true life shame message and how they act out of that shame.

Each Missioner will receive 3 circles during the Shame Protocol: 1 white, 1 light blue colored, 1 dark red colored

- White circle is for the beautiful soul
- Light blue circle is for shame messages we have picked up
- Dark red circle is for ways we have acted out in our shame

Circle #7: (page 63 SM) The Missioners are asked to “write shame messages you have received” .

There is one round of questions in this Circle, asking each woman to name her shame. You are looking for the message she received. When she says she’s in, everyone answers with “I honor your truth.” (instead of “I’m in.”) Hand her the bowl of ashes to put some on her face. (page 63)

You will participate in answering this message, of naming your shame and place ashes on your face. To model this exercise, it is important for your sharing to be **deep and concise**, remember this is not about storytelling; it is admitting that which shames you. By naming our shame we begin to have power over it.

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The final circle is passed out and the missionaries are asked: "Write ways you have acted out our Shame" (page 64 SM).

Circle #8 (page 64 SM)

Each woman will state one way that they have acted out in their shame. Once they have done this, hand them a wipe to clean off their face and have them say the following:

*"I know that I have acted out in my shame and now Lord Jesus I reclaim my beautiful soul because I am \_\_\_\_\_ and \_\_\_\_\_!" (this is an opportunity to claim and speak the truth about who she really is.)*

Hand them some tape to tape their beautiful soul somewhere on their bodies.

**\*\*NEW Letter to Jesus**

There is a short exercise after reclaiming our beautiful soul where each missionary will have the opportunity to write a letter to Jesus. The letter gives each woman a chance to acknowledge her brokenness, accept her woundedness, release the hurts and asking for forgiveness, and then lastly rejoice in the thanksgiving of that forgiveness and embracing the healing.

This is a time for quiet reflection, encouraging them to write whatever is on their heart.

Final circle, Missioners will make one circle shoulder to shoulder (staff around the outside), reconnect with their beautiful souls, as we sing the song "*How Could Anyone*".

Sunday:

Light of Christ Exercise (LOC) (page 74 SM)

This is the last circle you will participate in. You will get LOC cards for each woman in your circle. This exercise will be demonstrated prior to doing it. Tips: 1 or 2 words (it's ok to use the same word), write down the words for each woman on her own card, staff go last. Consider adding the date on the bottom of the card. Encourage the new sisters to keep this in a safe place to pull out whenever they may need a reminder or an encouraging word of truth.

Talk about if you want to get a picture of the Circle and if you want to exchange contact information. Both are always optional. Each new Sister will get a purple folder that will have, among other things, a contact sheet. Sometimes it's best for one person to fill out then a SC leader takes a photo of it and sends it out to the group.